

# *Playing With Fire: Releasing the Artist Within*

*A Day of Experiential Arts Workshops  
Celebrating Women's Creativity*

*Saturday, March 11, 1995*

*9:30am - 5 pm*

*Cabrillo College Campus*

*Aptos, Ca*



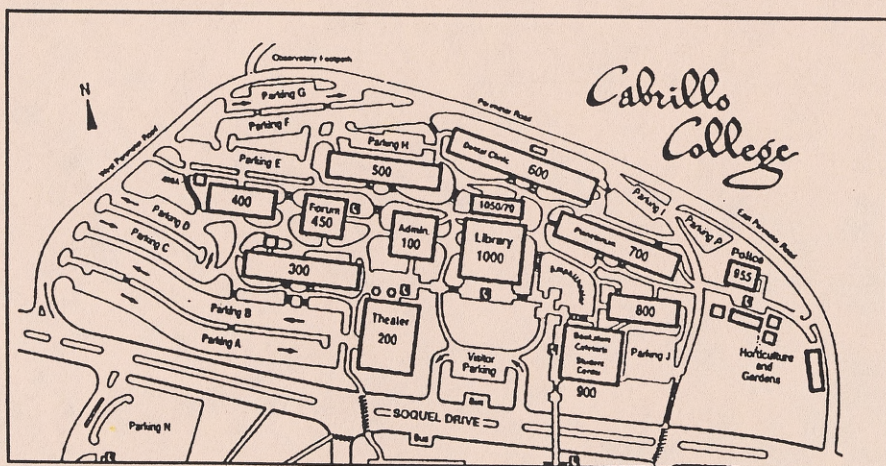


There is a vitality, a life force, an energy, a quickening, that is translated through you into action, and because there is only one of you in all time, this expression is unique. And if you block it, it will never exist through any other medium and will be lost.

MARTHA GRAHAM

Playing with Fire: Releasing the Artist Within is presented by  
the Cabrillo College Women's Center with support from  
the Cultural Council of Santa Cruz  
Produced by Patrice Vecchione and Judy Reynolds

For information & registration call 479 6249



Cabrillo College 6500 Soquel Drive Aptos, Ca. 95003

Park Avenue Exit off of Highway 1, North to Soquel Drive, Turn right to Cabrillo



CULTURAL COUNCIL  
OF SANTA CRUZ COUNTY



## **WELCOME TO A CELEBRATION OF WOMEN'S CREATIVITY!**

A day long festival of experiential arts workshops designed to light your creative fire! Ten women artists offer you the opportunity to move your body, speak your mind, open your heart; to write, paint, dance, act, sing, and discover that wild, passionate, creative part of yourself that lives inside.

9:30am      Registration & Opening Ceremony

Coffee, Tea, Community

**Room 900 - Student Center**

10:30am      Morning Workshops begin

12:30pm      Lunch Break

1:30pm      Afternoon Workshops begin

3:45pm      Community Gathering

Show & Tell

Closing Ceremony

**Student Center/Dining Room**



## **MORNING WORKSHOPS**

### **BEGIN AT 10:30AM**

#### **DANCE AND DRUMMING FROM CONGO**

Imagine a culture where all of life is expressed in dance and music. Where healing comes through the movement and rhythm of the body. Learn the Healing Dance of Congo. Feel the rhythm! Beginners welcome!

**Mabilba** is a dancer, singer and drummer from Congo who was a member of the National Ballet of Congo, has performed in Paris, and now sings with the Ngoma Players and teaches African dance classes in Santa Cruz.

**Room 900 Student Center/Dining Room**

#### **ART FOR HEALING**

Expressive or process art is a powerful and nurturing way to pay attention to what needs healing in our lives. A hands on playshop in a safe, non-judgmental space. Beginners welcome!

**Wendy Traber** is an artist and cancer survivor who created and coordinates Art for Healing programs in two Bay area hospitals. She offers classes and individual sessions locally for people dealing with grief, loss and illness.

**Room 315**

#### **DISCOVERING THE ACTOR WITHIN**

Using theatre games and improvisation, learn to bypass self criticisms and release expression. Techniques are useful even if you never plan to "perform". Wear comfortable clothes.

**Clifford Henderson** works professionally as a director, actor and playwright. She has been teaching acting to adults and children for six years and serves on the board of directors at Actors' Theatre.

**Room 830**



### **CREATE A MURAL**

Explore Mesoamerican myths, motifs, and images of the Great Mother, Coatlicue. Working with various media, participants will collaborate and create a mural.

**Carmen Leon** graduated from UCSC with two degrees in art. A Latina, Chicana artist, she has worked in the community and taught with Spectra since 1985.

**Room 309**

### **CAMINO AL CORAZON/ A PATH TO THE HEART**

Open the doors and windows. Let the images and visions of your soul flow in tongues. Let them flow as poetry takes you on a path to your heart. (This workshop welcomes writers who wish to write poetry in Spanish, English or Spanglish.)

**Elba Sanchez** is a teacher, editor, and poet who has offered creative writing workshops throughout the state. Her first book of poetry, *Tallos de Luna/ Moonshoots*, was published by Moving Parts Press in 1992.

**Room 809**

### **THE HEART OF THE WORD: POETRY FOR CHILDREN**

Discover the power of your imagination! Have fun playing with words. What's at the bottom of your heart? (Materials provided.) Ages 6-14

**Patrice Vecchione** is a poet and editor of several anthologies, most recently *Bless Me Father: Stories of Catholic Childhood*.

She has taught poetry to children and adults for the last nineteen years.

**Room 425**



## **AFTERNOON WORKSHOPS**

### **BEGIN AT 1:30PM**

#### **WOMEN DRUM FOR JOY**

Come join a community drum circle! Learn basic hand stroke techniques, and West African and Afro-Cuban rhythms. Bring percussion instruments. Some drums provided by HerVoice. Beginners welcome!

**Mary Blaettler** is a women's drum teacher, writer, visual artist, producer, and lover of the drums.

**Ardena Shankar** is a poet, workshop facilitator, writer, inspirational speaker and ceremonial drummer.

**Outdoor Ampitheatre (Dining Room if it rains)**

#### **GIVING VOICE / FINDING FORM**

Discover the words that give voice to your inner world in this poetry writing workshop. For both beginning and experienced writers.

**Maude Meehan** is a poet, editor, great grandmother, and author of *Chipping Bone* and *Before the Snow*.

She has been teaching writing and editing workshops for women in Santa Cruz for over a decade.

**Room 809**

#### **VOCAL MOTION**

Enjoy the connections of voice and movement through fun and freeing exercises and improvisations.

**Paula Bliss** is a singer, composer, dancer, and choreographer who teaches voice and creative movement. She performs with Tandy Beale & Co.

**Room 313**



### **HONORING IMPULSE: MOVEMENT EXPLORATION**

Come journey into the inner worlds of the body with movement, awareness, touch, and drawing exercises.

Explore playful and meditative ways of listening and giving life to this creative matrix.

**Val Loeffler** is a certified bodywork and Trager practitioner, clinical hypnotherapist and movement educator. She loves to create safe

places for women to feel, move and create.

**Room 830**

### **THE SACRED MANDALA: ENVISIONING A NEW WORLD**

Create a collaborative work of art on silk using dyes and resist.

Invoking the Spirits of Spring within a Sacred Circle , participants will find a special ease in their work, especially if they are new to the artistic process.

**Carmella Weintraub** is a therapist, artist, textile designer and teacher, whose primary interest lies in the sacred and ceremonial aspects of art and the artistic process. Her work in hand-painted silk appears in Many Hands Gallery in Santa Cruz.

**Room 315**

### **ART FOR HEALING : A CHILDREN'S WORKSHOP**

A "playshop" to express your inner self with paper, paint, glitter, glue and lots more! Let your creativity loose and see what's inside of you.

Ages 6-14

**Wendy Traber** is an artist and teacher of children and adults who currently works through art with people dealing with life threatening and chronic illness.

**Room 309**



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